IT

Exercise	Indicative calorie consumption	Icon
Race	400	
Bicycle	300	
I swim	500	
Jogging	300	
surf	500	
karate	300	
Weightlifting	350	
Baseball	500	
Tennis	900	
Soccer	1200	
Basketball	1200	
Sci	500	
Aerobics	300	
Skateboard	400	

MADE IN CHINA

Please keep the packaging and instructions for future reference.

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WARNING: Not suitable for children under 36 months due to small parts and the consequent risk of ingestion or inhalation.

Warning: when the batteries are exhausted, dispose of them in the appropriate containers.

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BC029B-05C-M0

Ages 6 and up

GiG in wonderland

Art. NCR00514

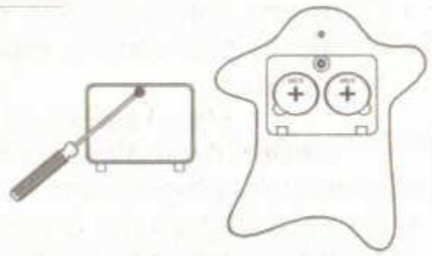
FITBOYZ

FIND YOUR BEST SHAPE!

Instruction manual

INSTALLING/REPLACING BATTERIES

To insert the batteries, remove the screw from the battery compartment cover, located on the back of the game. Insert 2 AG13 button cell batteries included as shown in the figure.



WARNINGS

- Batteries must be replaced by an adult.
- Not suitable for children under 36 months.
- The product may contain small parts.

PRECAUTIONS FOR USING BATTERIES

- Do not recharge non-rechargeable batteries.
- Remove rechargeable batteries from the toy before recharging.
- Rechargeable batteries must only be recharged under adult supervision.
- Do not mix different types of batteries or new and used batteries.
- Use only batteries of the same or equivalent type. • Insert the batteries respecting their polarity.
- Remove dead batteries from the toy.
- Do not short circuit the battery contacts.

INTRODUCTION

If you were looking for a fun way to learn how to eat right and reach your ideal weight, you've purchased the right product.

Unlike traditional virtual games, your Fitboyz will live the lifestyle he desires. Here's a typical day for him:

7.00	Breakfast
8.00-11.00	Game
12.00	Lunch
13.00-14.00	Game
3.00pm	Snack
16.00-19.00	Game
7.00pm	Dinner
20.00-21.00	TV
10.00pm	Snack before going to bed

It is up to you to intervene and make him follow a healthy lifestyle through proper nutrition, regular meals and an appropriate amount of physical exercise. In the game, it is assumed that your FitBoyz follows the lifestyle you set for seven days. One day in real life corresponds to seven days in the virtual world of your Fitboyz. As you will notice, the changes regarding his appearance are faster and more accentuated than in reality.

WEIGHT CALCULATION:

- Calorie intake is calculated on a daily basis (0.00~24.00).
- The calculation can be summarized as follows, through officially recognized indices:

Standard weight (SW) = height (m) x height (m) x 22

Normally needed calories (NCN) = standard weight (SW) x 35 Daily calorie intake - NCN - Daily calorie expenditure = excess (S)

- If the surplus (S) is positive (i.e. S>0), it means that your Fitboyz consumed too many calories that day.
- If the surplus (S) is negative (i.e. S<0), it means that your Fitboyz consumed an insufficient amount of calories that day.
- Excess calories will accumulate on the body and your Fitboyz will gain weight.
- Your Fitboyz's weight will increase by 1 kg for every 7200 calories in excess. Similarly, it will decrease by 1 kg for every 7200 calories in deficiency.
- These instructions assume that height and weight are measured in meters and kilograms. For other unit systems, such as pounds and feet, the same formula will apply, after converting to kilograms and meters.

BODY MASS INDEX (BMI):

BMI = weight (kg) / (height (m) x height (m))

- Once your weight is established, your Body Mass Index (BMI) will vary based on the weight of your Fitboyz; this in turn will vary depending on the excess calories you have accumulated.
- If the BMI is less than 20, it means that your Fitboyz is underweight.
- If the index is between 20 and 25 it is , that your Fitboyz weight is average. It means
- If the index reaches 25~30, it means your Fitboyz is overweight.
- If the index is higher than 30, we speak of true obesity
- The silhouette displayed on the screen will change depending on your BMI. This change will take place at midnight, which is when the unit makes the calculations.

LIFESTYLE INDEX (LSI):

In addition to the BMI, the lifestyle index will also be measured, which will allow you to evaluate the health status of your Fitboyz.

The LSI will be reset to 0 every day at midnight. The unit will store the last three days' LSI (LSI,, LSI_2 and LSI) along with the LSI for the day (LSI)

- If the result is negative, wrong. it your Fitboyz lifestyle is means that

- If the result is between 0 and 5, it is normal. Your Fitboyz's lifestyle is
- If the result is between 6 and 10, , your lifestyle index Fitboyz is good.
- If the result is higher than 11, your Fitboyz's lifestyle is great.

PHYSICAL STRENGTH INDEX (PSI):

The Physical Strength Index (PSI) tells you how fit your Fitboyz is:

- If the PSI is negative (PSI<0), it means your Fitboyz is weak;
- If the PSI is between 0 and 4 , means that the health status of your Fitboyz is normal; it

If the PSI is between 5 and 14 it means , that your Fitboyz is fine;

- If the PSI is higher than 14 the , condition of your Fitboyz is excellent. Il maximum recordable value is 20. the

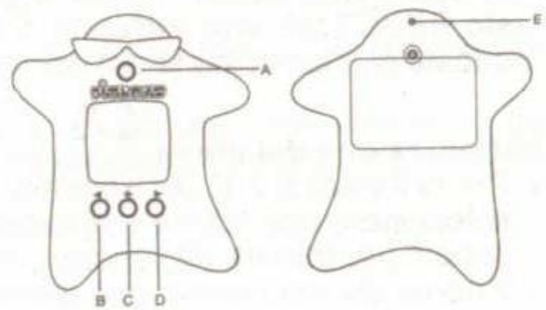
PSI varies depending on the physical activity performed, according to the following rules:

- Your FitBoyz will lose one PSI point if you do not perform any physical activity for a day.
- If you burn between 300 and 600 Kcal per day through physical activity for three consecutive days, one point will be added to your PSI;
- If you burn between 600 and 2000 Kcal per day for three consecutive days, more points will be added to your PSI;
- Excessive exercise can be harmful, however. Your Fitboyz will lose points if he burns more than 2000 Kcal by exercising in a single day or if he engages in physical activities more than five times a day;

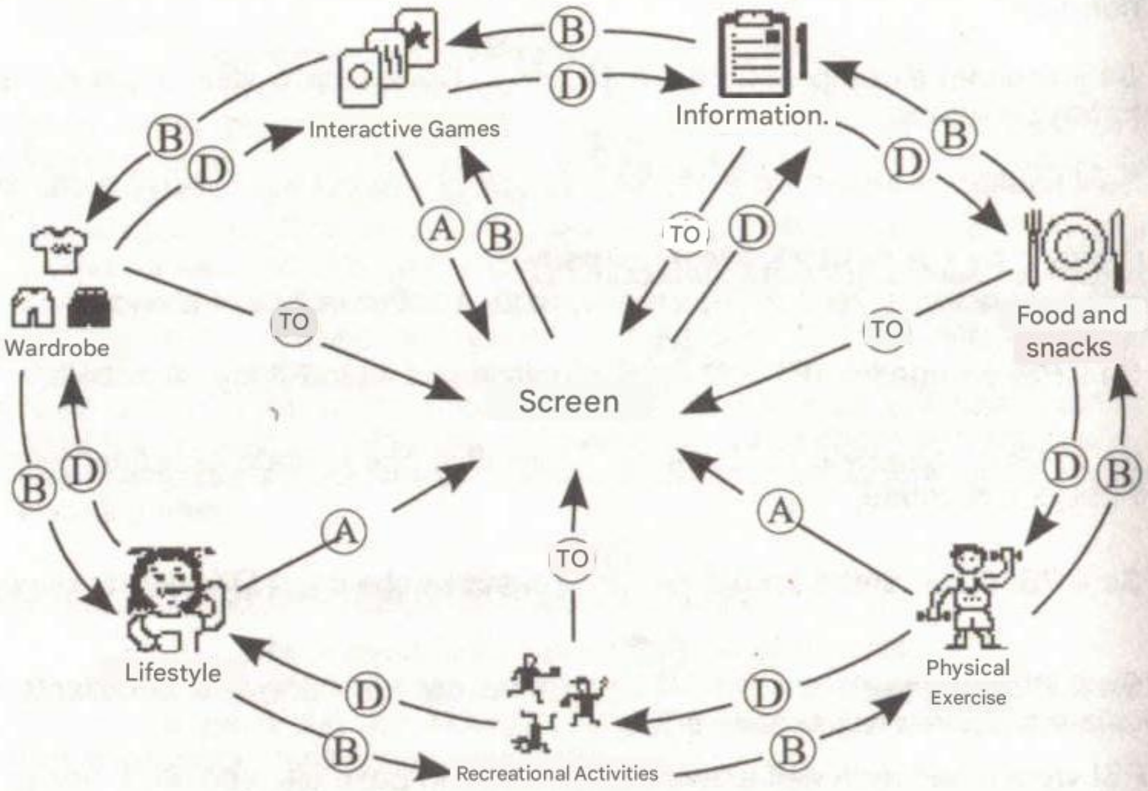
In addition to exercise, it is essential that your Fitboyz drinks enough. We recommend that he drink about 8 glasses of water a day, so that his PSI is in the right range.

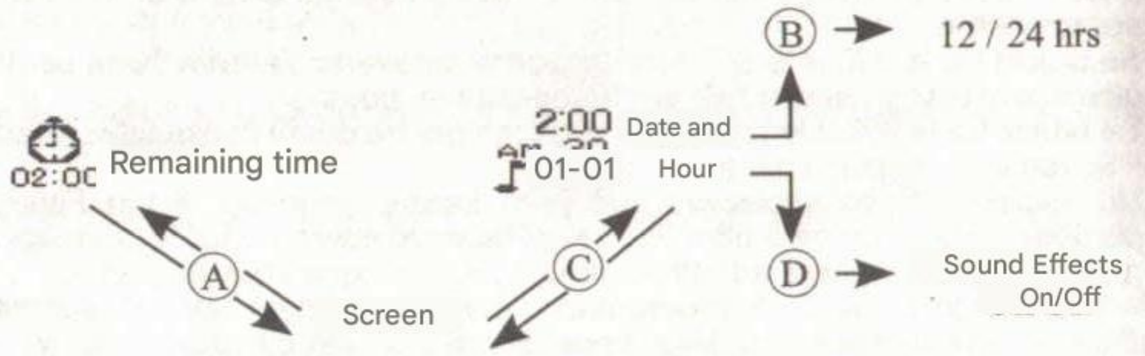
KEY DEFINITIONS

A- EXIT
B- LEFT
C- ENTER
D-RIGHT
E- RESET



For the basic operation flow using the above defined keys, please refer to the following diagram.





STARTING THE GAME

To turn on the unit, pull the plastic tab on the side or press the RESET button on the back of the unit. Your FitBoyz will automatically enter name setting mode.

Setting the name

- Press the B or D button to scroll through the letters of the alphabet. Press the C button to select a letter and move to the next space, or press the A button to return to the previous space.
- Your Fitboyz name can be up to 5 letters long. 4

- By confirming the last letter of your Fitboyz name, the unit will automatically switch to weight setting mode.

KOPS

Weight setting0

- Once you enter the weight setting mode, press the B or D button to select kilograms (K) or pounds (P). Press the C button to confirm your selection:

- Press the B or D button to set the weight using the selected unit of measurement (K or P), press the C button to confirm and the A button to go back.

- After confirming the chosen weight, the unit will switch to height setting mode.

Height setting

- Press the B or D button to select meters (M) or feet (F). Press the C button to confirm your selection. • After confirming the unit of measurement, press the B or D button to set height. Press the C button to confirm and the A button to go back. • We recommend that you set your weight and height for your Fitboyz, so that you can check your eating behavior and physical habits in real life.

- In some extreme cases, however, if your BMI is excessive and your Fitboyz could thus reach the end of the game too early, you can use other values, such as the following ones,

Meters	Kilograms	Feet	Pounds
1.0	23	3.3	50
1,2	33	3.9	73
1.4	45	4.6	99
1.6	59	5.2	130
1.8	75	5.9	165
2.0	92	6.5	202

The values suggested above will allow you to have a BMI within the average, that is, between 20 and 25. This will give you enough time to enjoy the game.

Setting the date 08/30 and the time 20:00

- Press the B or D button to adjust the time and date; press the C button to confirm and the A key to go back.
- The time and date are adjusted in the following sequence: MONTH <-> DAY <-> HOUR <-> MINUTE
- It is very important to set the time on the unit correctly since your Fitboyz will follow an actual daily schedule.

Sound Effects On/Off

Finally you can choose whether to activate the sound effects (left icon) or deactivate them (right icon). Once you confirm your choice by pressing the C key, the game will start.

IT

MENUS FUNCTIONS

As shown in the diagram above, there are seven menu functions in total. Press the B and D buttons to cycle through the different functions, and press the C button to make a selection. You can press the A button at any time to exit the menu selection screen.

A- Information
B- Food and snacks
C- Physical exercise
D-Recreational activities
E- Lifestyle
F- Wardrobe
G- Games

INFORMATION

Press the B and D buttons to view the current status data of your Fitboyz:

• Name AAAAA • Current silhouette

• Weight 10000. • Body Mass Index (BMI) +

• PSI • LSI

FOOD & SNACKS

Nutrition plays an essential role in a healthy life. You can choose from different foods (many are good, some are harmful to your health!). For the caloric content of various foods, you can refer to in the appendix. The general rules are as follows: • For each meal you can choose a maximum of four foods;

•Unless you intervene, your Fitboyz will sleep or be active; it will eat at predefined times and decide for itself what to eat.

•Five minutes before the scheduled meal or snack time, animated images (i.e. your Fitboyz thinking about something to eat) and you will hear a melody indicating that it is time to eat. At this point do not touch the unit if you want your Fitboyz to choose what to eat on its own.

X •

Choose the No Food icon in the FOOD menu if you don't want your Fitboyz to choose what to eat by itself;

TO

• At this point you can choose what to feed him from the FOOD menu.
• Depending on your choices and the time of day, different combinations of animated images will be displayed

If you choose to choose what to feed him:

• Go to the FOOD menu, press the B and D keys to scroll through the different foods available;
• All foods are numbered. In total there are 68 foods / drinks + water X + No food.
• If you want to select the food/drink present on the screen, press the C button: the unit will emit an acoustic signal.
• Press the B and D buttons to scroll through the other foods and then press the C button until you have selected the four foods. The unit will then display an animated image of your Fitboyz eating.
• If you choose more than four foods, press the A button when you think your selection is sufficient.
• The duration of each meal is 5 minutes. You can select the No food icon in the FOOD menu if you decide that, after all, your Fitboyz does not have to eat as much as you have chosen for him. You can also select the No food if you have made a bad choice and want to change it. In addition to food, it is also important to drink plenty of water. Your Fitboyz should drink at least 8 glasses a day.

PHYSICAL EXERCISE

Please refer to the instruction manual for available physical activities/exercises and for the relative calories burned in an hour of continuous exercise. In this game each physical activity session lasts 5 minutes. As in real life, you need to be patient and complete the training/activity. • You cannot stop the current exercise before the end of the session.

• You cannot interrupt a session of physical activity with any other activity – other than drinking water.
• You may not eat or do any other activities during exercise. However, you may drink water;
• Your Fitboyz can choose between different physical activities: running, cycling , swimming, jogging , surfing , karate, weightlifting , baseball , tennis , football, basketball, skiing , aerobics and skateboarding

INTERACTIVE ACTIVITIES

• There are several (non-interactive) "activities" to choose from to keep you entertained

your Fitboyz: dancing, playing darts ,video games ,

art, guitar, piano, ball and baseball pitching

, and watch television .

These activities will be chosen by your Fitboyz in his free time, even if you don't ask him to do them.

LIFESTYLE SO

In this menu, several daily activities are shown: Going to the bathroom

Sleep/wake up, brush your teeth, comb your hair , pass

vacuuming, doing homework, reading, showering/bathing

TO

. All these activities are essential for a balanced lifestyle.

NOTE: When your Fitboyz is fast asleep you cannot ask him to do various activities. If you want to ask him to do

something, you must first wake it up by selecting the icon in the lifestyle menu.

WARDROBE

Control the appearance of your Fitboyz both when it is fit and when it is not.

• You can choose between four different silhouettes: underweight, average, overweight and obese.

• want you can also change his clothes. Your Fitboyz can wear a new outfit every day. If If you

• After selecting the items, the unit's display will show an image of your Fitboyz in the new outfit.

GAMES (INTERACTIVE) :

You can choose between three interactive games: ping pong, guess the card and tic tac toe.

Flipper:

• Press the B and D buttons to swing the racket.
• Press the C button to throw the ball.

• Win after throwing the ball 21 times.

Guess the card

• Guess the card the computer "has in its hand". There are 4 cards in total.
• Press the B and D keys to scroll through the various cards and press the C key to execute your selection.
• You win if the card you chose is the same as the one chosen by the computer.

Tris:

• There are 2 horizontal and 2 vertical lines, which cross each other to form 9 squares.

• Use the B and D keys to move the cursor to the desired position and the C key to position your circle. The computer will automatically place its square.

• The first player to place three circles or three squares in a row in the same row wins. Use the tactic you think is best!

SUGGESTIONS

It's up to you to make sure your Fitboyz leads a healthy life. You don't just have to make him eat healthily, you also have to make sure he follows a disciplined lifestyle. Here are some suggestions:

• Your Fitboyz must sleep at least 7 hours a day and no more than 10.
• Don't let your Fitboyz sleep between 12pm and 8pm.
• Wake up your Fitboyz between 6.00 and 8.00 and let him have breakfast between 6.00 and 9.00.
• Have him brush his teeth as soon as he wakes up in the morning and before going to bed at night;
• Have him eat lunch between 11.00 and 13.00; he must instead have dinner between 6.00 pm and 8.00 pm.
• Make him practice regular physical activity every day, but do not overdo it; we recommend that you do not exceed four physical exercise sessions per day.

• Do not let your Fitboyz exercise during the hours it should be sleeping or allow it to burn more than 2000 Kcal per day doing physical activity.

• Don't let him exercise for an hour after a meal.
• Have your Fitboyz take a shower daily.
• Teach your Fitboyz to focus on main meals and not to overindulge in snacks between meals.

END OF THE GAME

Take care of your Fitboyz: it will become your best friend. Sometimes, however, he may become ill and you may need to take him to the doctor. Different situations will lead to different animated images being displayed. For example:

If your Fitboyz is sick (i.e. nearing the end of the game), he will be taken to the hospital for further treatment (one of the animated images shown above will be displayed continuously on the screen). All buttons except the C button will be disabled. Press the C button to toggle between the animated images screen and the date/time screen. You can then restart the game by pressing the RESET button.

During his stay in the hospital, your Fitboyz will have to continue to follow a regular lifestyle. This means that he will have to go to bed and eat as usual. Consequently, even after the animated images that signal the end of the game, the

animated images showing your Fitboyz dreaming about food

and those of your sleeping Fitboyz 4. The only difference is that you will no longer be able to control his lifestyle. To take care of your Fitboyz again, press the RESET button to start playing again.

RESET

If you want to start over or get to the end of the game, or if the unit is not functioning properly, you can press the RESET button on the back of the unit at any time using a pointed object.

APPENDIX

The table below shows the calorie content of the different foods included in the FOOD menu. Except for water and the No Food icon, each food/drink is assigned a reference number on the screen for convenience.

	Food	Indicative calorie content	Icon
	Waterfall	0	
1	Whole milk	140	
2	Bacon	60	
3	Egg	85	
4	Plain yogurt	80	
5	Sausage	300	
6	Sugar	10	
7	Sale	0	

	Food	Indicative calorie content	Icon
8	Savory donut	220	
9	Butter	100	
10	Cream of chicken	800	
11	Cheeseburger	350	
12	Sirloin	1200	
13	French fries	250	
14	Pork	180	
15	Pizza	900	
16	Mackerel	100	
17	Ice-cream	200	
18	Bacon sandwich	500	
19	Meat pie	280	
20	Chocolate cake	300	
21	Krapfen with jam	160	
22	Cutlet	700	
23	Salami	300	
24	Croissant	200	
25	French fries	500	
26	Peanuts	280	
27	Sweets/Candies	80	
28	Cola	150	
29	Carbonated drink	100	

	Food	Indicative calorie content	Icon
30	Hot Dog	250	
31	Fat cheese	80	
32	Chocolate	100	
33	Smoothie	160	
34	Avocado	190	
35	Cereals	170	
36	Skimmed milk	70	
37	Toast	160	
38	Unsweetened fruit juice	80	
39	Skimmed yogurt	50	
40	Beans	30	
41	Tea	0	
42	Coffee	0	
43	Sweetener	0	
44	Dietary margarine	50	
45	Wholemeal bread	150	
46	Vegetable soup	50	
47	Low Calorie Burgers	200	
48	Grilled Potato	80	
49	Broccoli	8	
50	Cabbage	20	
51	Tuna	90	

	Food	Indicative calorie content	Icon
52	Chicken	110	
53	Strawberries	15	
54	Cod	80	
55	Fish croquette	60	
56	Lettuce	10	
57	Tomato	20	
58	Onion	20	
59	Minced meat	170	
60	Rice	230	
61	Pasta	800	
62	Low calorie bread	160	
63	Focaccia	55	
64	Apple	100	
65	Banana	80	
66	Orange	40	
67	Diet soda	70	
68	Low-fat cheese	40	
	No food	0	